



“MOVE YOUR BODY” prescribing physical fitness programs to patients



28TH WONCA EUROPE CONFERENCE

**SQUARE Convention Centre, Brussels
7–10 June, 2023**

MAKING CHOICES IN PRIMARY CARE

ID: 651



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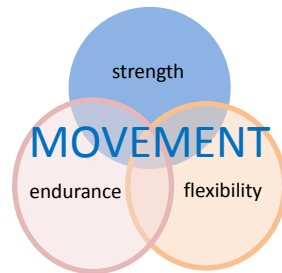
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Introduction:

Our patients are in a need for an effective way, evidence based, cost effective and sustainable to promote their health and prevent disease and complications.

Physical activity is an essential part of achieving those goals. Hence, proper advising on physical fitness development and maintenance is a must have competency for every GP.

GPs should be able to effectively advise patients on physical fitness components and how to develop and maintain them.





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knowledge on
physical fitness
components

Resistance training - why?



Principles of resistance training



Progressive Overload

progressively increase the stress placed on the muscles to promote growth and strength gains



Volume

To maximize muscle growth you should perform multiple sets (2-4) of each exercise, with each set consisting of 8-12 reps.



Frequency

For optimal results it is recommended to train each muscle group at least twice a week (1-3)



Specificity

training should be tailored to the specific muscle groups and movements you want to improve



Rest

rest periods between sets and adequate sleep are crucial for muscle recovery and growth



Nutrition

Proper nutrition is essential to support muscle growth, including adequate protein, carbs and healthy fats



There are different types of flexibility. They are grouped according to the various types of activities involved in athletic training. The different types of flexibility (according to *Kurz*) are:

dynamic flexibility

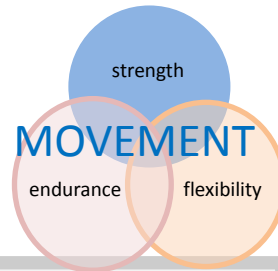
Dynamic flexibility (also called *kinetic flexibility*) is the ability to perform dynamic (or kinetic) movements of the muscles to bring a limb through its full range of motion in the joints.

static-active flexibility

Static-active flexibility (also called *active flexibility*) is the ability to assume and maintain extended positions using only the tension of the agonists and synergists while the antagonists are being stretched. For example, lifting the leg and keeping it high without any external support.

static-passive flexibility

Static-passive flexibility (also called *passive flexibility*) is the ability to assume extended positions and then maintain them using only your weight, the support of your limbs, or some other apparatus (such as a chair or a barre).

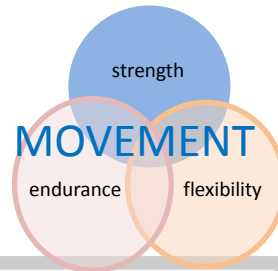


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ENDURANCE TRAINING

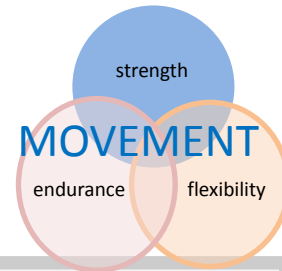
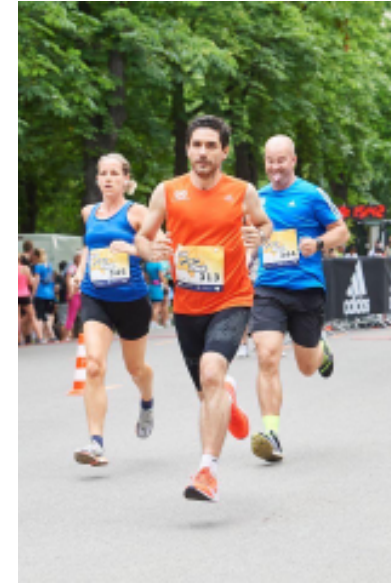


No magical “one plan fits all”



Identify the goals

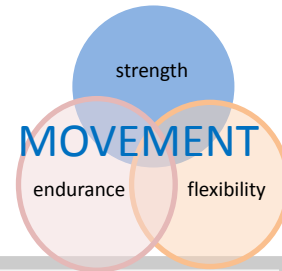
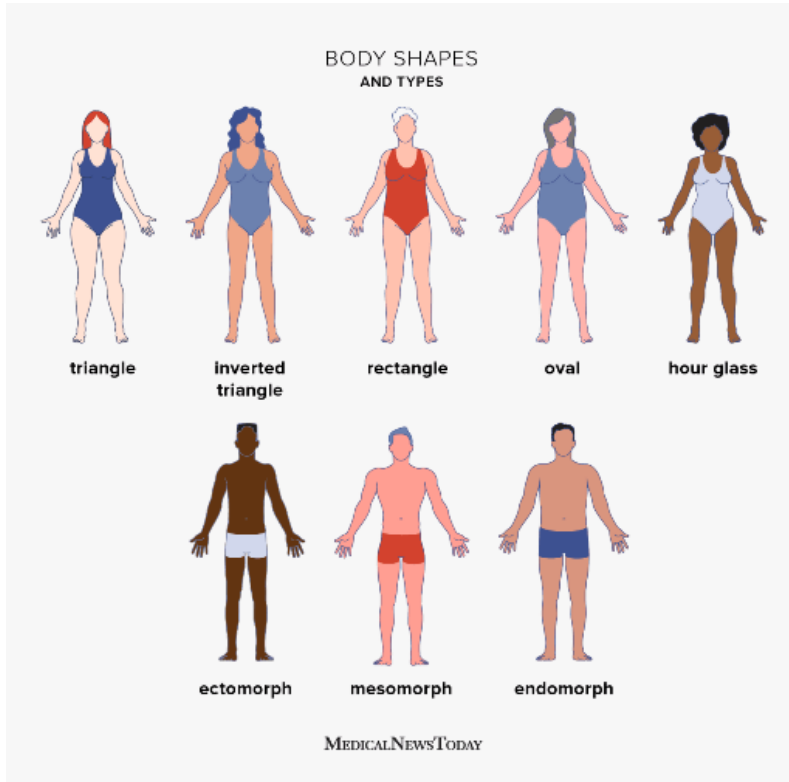
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Which type/sport are you?



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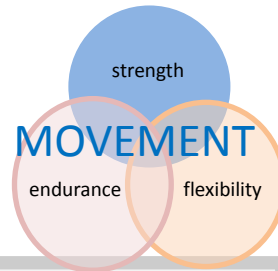


Identify your suitable time for training

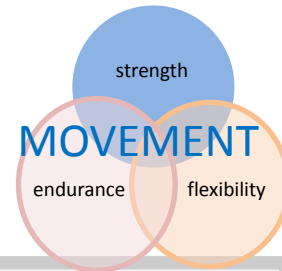


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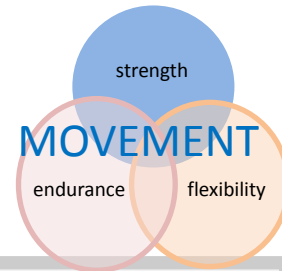
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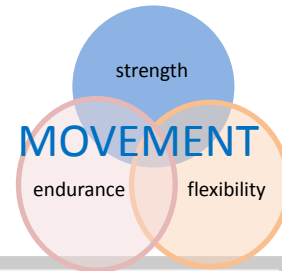
Quick Reference: Heart Rate Zones

ZONE	& OF MAX HR	INTENSITY	DURATION	RPE BORG 15-PT
ZONE 1	50-60%	VERY EASY	HOURS	10
ZONE 2	60-70%	EASY	1 HOUR +	11-13
ZONE 3	70-80%	MODERATE	10-60 MIN	14-15
ZONE 4	80-90%	HARD	2-10 MIN	16-18
ZONE 5	90-100%	MAXIMUM	< 2 MIN	19-20

MARATHON HANDBOOK



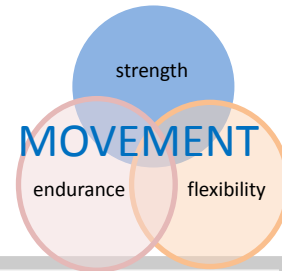
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Wearable Technology

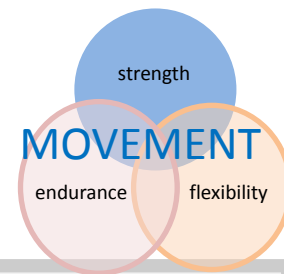


And for what?

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- Lowers blood pressure
- Lowers heart rate
- Lowers oxygen demand of the heart
- Time of systole and diastole prolongs
- Slows the inevitable age-related decline in aerobic function and muscular strength
- Reduces stress
- Improves cognitive function
- Prevents falls due to frailty
- Etc.....



Tips and tricks

& ENJOY !



Set Realistic Goals

Make a Plan

Find a Workout
Buddy

Create a Supportive
Environment

Track Your Progress

Reward Yourself

Stay Consistent



GP BETter Stay cosistenet: Goals, Plan, Buddy, Environment, Track, Reward, Stay consistent

